

# Journaling Activity



How do you respond after a "big" event? How do you treat yourself and those you love when you feel "down"?

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*"Sometimes sitting and doing nothing is the best something you can do."  
- Karen Salmansohn -*



Do you see a pattern in your own life? If you see a negative pattern, can you find some techniques to prevent or mediate? Would it help your loved ones to know your pattern?

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# Time Converse